

*Your guide to a quick and professional start*



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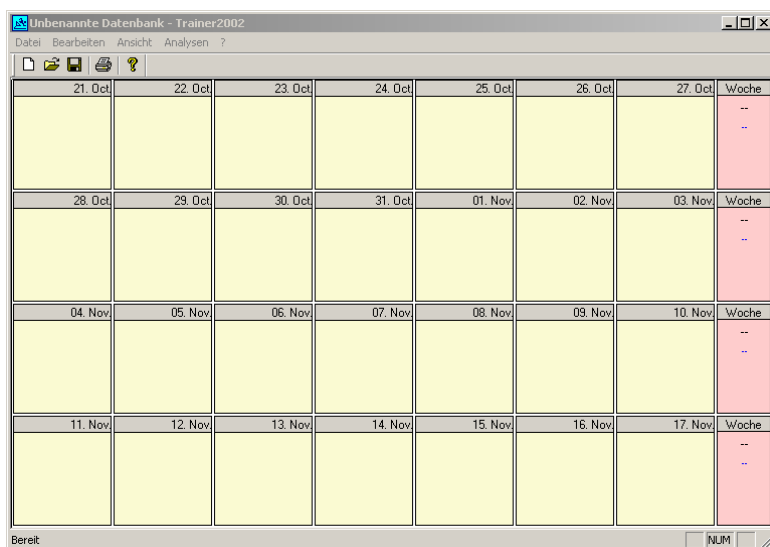
# 1 Introduction

Thanks for using Personal Trainer!

Personal Trainer is designed to become your personal trainer - graphical software for keeping a detailed log of your workouts and for creating a personalized schedule. It can be used for cycling, running, inline skating, Nordic walking or backcountry skiing. Of course, Personal Trainer also supports a lot of alternative (recreational) sports like scuba diving, climbing, swimming, tennis or snowboarding.

## 1.1 First Start

If you start Personal Trainer the first time, it will look empty like the screenshot below. We will start adding some workouts soon.



The yellow fields will hold your workouts; the red ones on the right give a small summary about the week. The best way to navigate through the calendar is using a wheel-mouse, but it is also possible using the menu (View – Next Week, Previous Week).

First we have to start configuring Personal Trainer.

## 1.2 Configuration

Start the configuration dialogue from the menu item Edit – Configuration.

General, click an item once to mark it as the active one, and click a second time to switch to edit-mode. New items can be adding by entering data in the line marked with a small star. To delete a dataset, just mark it and press the Del key on your keyboard.

Let's have a look at the different items:

### 1.2.1 Category

- **Description**  
this is the description of the category. Each workout (and exercise) will be assigned to one category.
- **Color**  
this is the color Personal Trainer uses to display all exercise of this category.

### 1.2.2 Intensities

- **Description**  
e.g. very easy or hard. You can select an intensity for each workout after it has been performed.
- **Intensity**  
A number in the range of 1 to 100. 1 means very easy, 100 is impossible. This number can be used for later analysis.

### 1.2.3 Sports

I am sure, you will not be active in all supported sports, so you can mark some of them as inactive. Inactive sports cannot be used anywhere else within Personal Trainer.

You cannot add new sports – If you still have a sport, send me an email.

### 1.2.4 Sport equipment

In this section, you can define different sport equipment. So, you can save the used equipment together with the workout. E.g., the sport „Cycling“ can be performed with the mountain bike or the road racing bike, or even the indoor bike.

- **Description**  
this is, I am sure you already expected this, the name of the equipment.
- **Sport**  
Select a sport from the drop down list.

### 1.2.5 Tracks

Define your tracks, and you will be able to select a track for each workout. A very useful feature for later analysis (Same track – probably faster by time)

- **Description**  
Description of the track
- **Sport** **equipment**  
the sport assigned to the track. If no sport is defined, this track is available for all sports. Additionally, the distance and the uphill distance can be entered,

### 1.2.6 Exercises

This is the configuration of your exercises. For each exercise you can set the maximal and minimal heart rate either as absolute or relative values! Additionally, you have to set a category and optionally you can enter a sport. If you do not enter a sport, this exercise can be performed with any sport you like.

- **Description**  
Description of this exercise

- **Category**  
The assigned category for this exercise. The category is used to show the exercise using the correct color and also for further analysis.
- **Pulse rel.**  
Check this if you want to enter relative values for the min/max heartbeat like 70% to 80%. If unchecked, the limits are interpreted as absolute values (140 to 160 bpm)
- **Pulse min / max**  
these items are for setting the range of the heartbeat – your target zone. If you enter a value of zero, this value is ignored. E.g. min=140, max=0 means your heart beat should be above 140.
- **Comment**  
Add any comment you like. The comment will be shown at the setup-page of each workout.

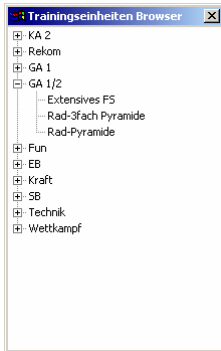
### 1.2.7 Year Planner

This is for configuring „special days or weeks“ like holidays, business trips or regeneration weeks. Or use it to don't plan your 2-days-bike-tour on your wife's birthday.

- **Description**  
Description of the item (e.g. business trip)
- **Color**  
this is the color the day is shown within the calendar.

## 2 Create your schedule

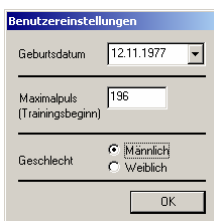
At this point, we are ready to set up your first workout. Open the „Exercise Browser“ from the „View“ menu.



The exercise browser shows all the exercises grouped by the category. To place an exercise in your calendar, just drag and drop it with the mouse. Have a try!

### 2.1 User settings

Oops, what's going on? Personal Trainer asks for some further information. Usually, the exercises are configured to work with relative target zones. Therefore, Personal Trainer has to „know“ your current maximum heartbeat to determine your target zone for this workout.

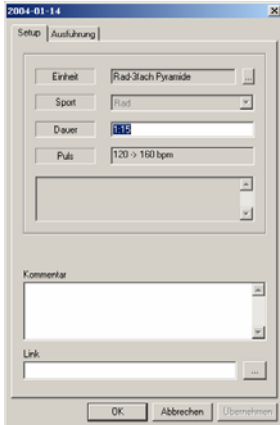


Please fill the page, and then you can close this page. Privacy Statement: Personal Trainer does not send you data to anyone. Your settings are stored together with your schedule in the database.

After these settings are validated, the workout is placed in the calendar.

## 2.2 Setup your workout

Now you can open the workout by double-clicking it.



There are two sections within this dialogue. One for the setup, the other one for the performance. You cannot edit the performance before the workout has been performed (take care about the date)

There are two ways to specify the duration:

5:00            5 hours  
300            300 minutes = 5 hours

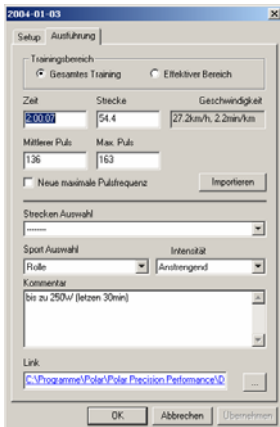
55km            55 km (depending on your dimension settings)  
55mi            55 miles (depending on your dimension settings)

55km, 2:30    55km in a time of 2:30, perhaps a race? Very important: Use a comma to separate time and distance

Below an example how your first exercise is shown in the calendar.



## 2.3 Performance

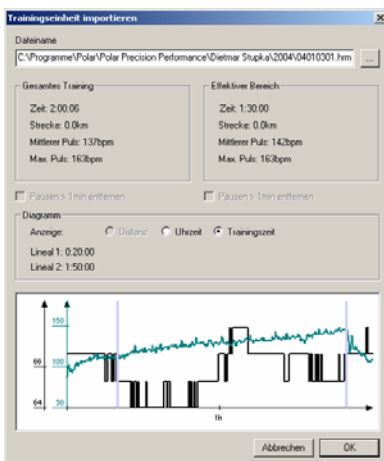


After you have performed your workout, you can fill the performance page. The time can be entered in two ways:

Hh:mm:ss    2:48:12  
 Minutes    168,10

Please note the checkbox “Set as new maximum pulse“: If this is checked, the maximum pulse of this workout is used as your new maximum pulse for all following workouts (target zone calculation, only for exercises with a relative pulse)

The items for time, distance and pulse can be set for the whole training and for the effective part (to separate your intensive part from the warm-up and cool-down phases)



Do you own a HAC, a Ciclomaster with memory or a Polar heartbeat monitor? You will love the new import feature! Note: You can import .tur files and .hrm files, but you cannot download these files from the monitor!

## 2.4 Delete

To delete an exercise, click the item with the right mouse (depending on your windows configuration) to open the context-menu and choose the command „Delete“.

## **2.5 Moving**

Move your exercise to another day with drag and drop. You can also move your workout within one single day if you have setup more than one workout for this day!

## **2.6 Copy**

You can copy a workout by moving it (see 2.5) and press the Ctrl-Key on your keyboard. The Setup-Section is copied from the destination; the Performance-Section is reset.

## **2.7 Navigate**

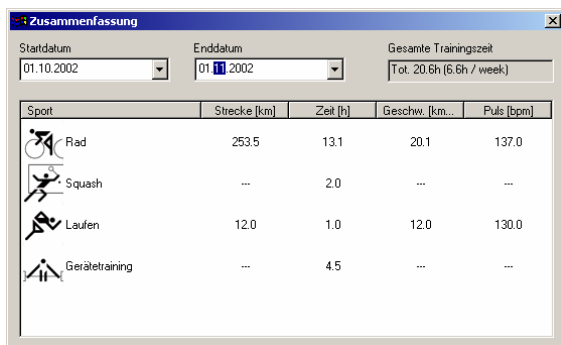
How do I navigate my calendar? It's easy, use the wheel of your mouse, or the items in the „View“ menu.

## 3 Analysis

### 3.1 Summary

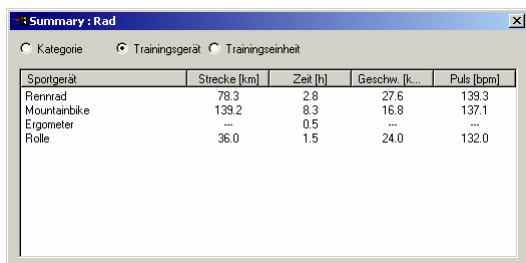
After a few weeks or months of using Personal Trainer, you will be interested in a summary and to analyze your training. Personal Trainer can help you!

To get summaries, have a look to the „Analysis“ menu.



Sport	Strecke [km]	Zeit [h]	Geschw. [km...]	Puls [bpm]
Rad	253.5	13.1	20.1	137.0
Squash	...	2.0	...	...
Laufen	12.0	1.0	12.0	130.0
Gerätetraining	...	4.5	...	...

You are interested in details for a sport? Double-click –it!

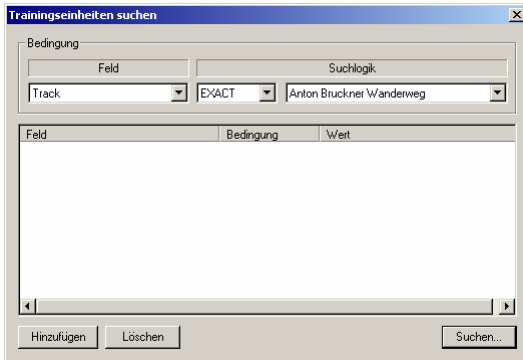


Sportgerät	Strecke [km]	Zeit [h]	Geschw. [k...]	Puls [bpm]
Rennrad	78.3	2.8	27.6	139.3
Mountainbike	139.2	8.3	16.8	137.1
Ergometer	...	0.5	...	...
Rolle	36.0	1.5	24.0	132.0

This dialog shows the details for a sport. You can group the result by the category, the sport equipment or the exercise.

## 3.2 Search

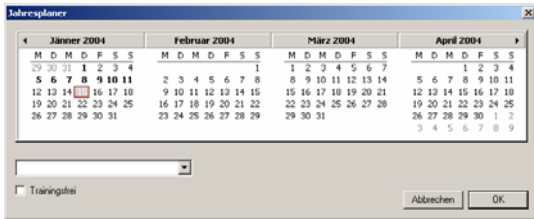
This is for searching for workouts matching your criteria's.



This dialogue might look a bit difficult, but it isn't. Are you only interested in entering one single criteria, only use the first line. After filling the fields, press the „Search“ button and Personal Trainer shows all matching workouts in a new dialog.

Do you want to use more than one criteria? It's easy too. Just create your filter criteria like before, and add it to the list by pressing the „Add“ button. Repeat this for all criteria's.

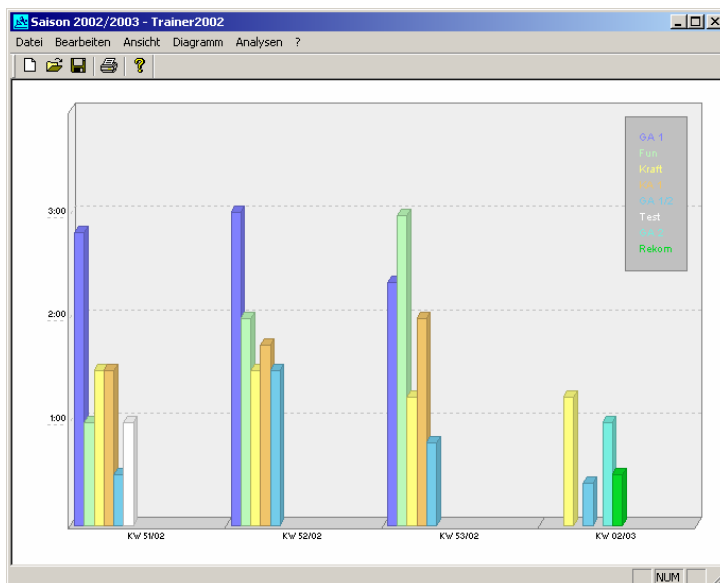
## 4 Year planner



In the menu “Edit” open the “Year Planner”. With this feature, you can mark some days with a special color or set them to “No Training”,

Just select the time range and make your choice.

## 5 Graphical Analysis



### 5.1 Overview

Personal Trainer has a built-in graphical analysis mode. To switch to the diagram mode, use the Menu “View – Mode – “Graphical Analysis”. By default, a 4 weeks analysis is shown.

You can create charts grouped by:

- Exercise
- Sport
- Total Effort
- Sport Equipment

The chart can be configured to display distance (km or miles) or Time. The time-range can be from seven days to five years.

### 5.2 Settings

Change your chart using the menu. Just try the different modes!

### 5.3 Options

Within the menu “Chart” you can find the available options. The options are shown within the chart using different color shades.

### 5.4 Navigation

The navigation (change of the start time) is done by your wheel of the mouse, or the menu.

## **6 Order**

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Personal Trainer runs in demo mode after installation. All features are available, but Personal Trainer is limited to 15 workouts.

For information about licensed, visit the homepage <http://www.kuhmet.de/trainer>

### **6.1 Benefits**

- No restrictions
- Free updates